

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-06-07)

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### A575 – EGG MIX, ALL PURPOSE, DRIED, 10 LB



### Nutrition Information

Egg mix, dried

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Dried whole egg solids, not less than 71.8%; maltodextrin; vegetable oil, salt, and citric acid. The moisture content is not more than 3.2%.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>4/10 lb bags per case.</li> <li>One 10 lb bag AP all purpose dried egg mix yields about 229.7 1-large egg servings OR 459.4 ½-large egg servings when reconstituted.</li> <li>One lb AP all purpose dried egg mix yields about 23.0 1-large egg servings OR 46.0 ½-large egg servings when reconstituted.</li> <li>8.5 oz AP all purpose egg mix yields 12 (one dozen) 1-large egg servings OR 24 (two dozen) ½-large egg servings when reconstituted.</li> <li>CN Crediting: 1 large egg provides 2 oz-equivalent meat/meat alternate OR ½ large egg provides 1 oz-equivalent meat/meat alternate.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened bags of dried egg mix in a cool, dry place off the floor. Store opened portions of egg mix in the refrigerator, either in the resealable bag or in a tightly closed container.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<p>TO RECONSTITUTE: Reconstitute all purpose egg mix by weight, using one part egg mix with 2 parts water. Sift all purpose egg mix into required amount of warm water in a mixer bowl and mix with a wire beater at low speed until well blended. Reconstitute only the quantity of dried egg mix needed for the recipe and use immediately.</p>

	1 large egg 2 Tbsp (17 g)
Calories	90
Protein	6 g
Carbohydrate	4 g
Dietary Fiber	0 g
Sugars	N/A
Total Fat	6 g
Saturated Fat	1.5 g
Trans Fat	N/A
Cholesterol	210 mg
Iron	1 mg
Calcium	40 mg
Sodium	105 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	N/A
Vitamin A	N/A
Vitamin C	0 mg
Vitamin E	N/A

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<b>PREPARATION/ COOKING INSTRUCTIONS</b> (cont'd)	<ul style="list-style-type: none"> <li>Dried egg mix can be reconstituted for use in recipes or it can be sifted with the dry ingredients and the water added to other liquid ingredients.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Use only in thoroughly cooked products such as scrambled eggs or long-cooked casseroles or baked products such as cornbread, pancakes, cookies, muffins, and baked custard. Do not use dried egg mix in uncooked products, such as egg-milk drinks, ice cream, or uncooked salad dressings.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>Handle raw eggs properly to avoid spoilage or food poisoning. Wash hands and sanitize all preparation surfaces and tools used to prepare foods containing raw eggs.</li> <li>Cook eggs that will be held on a steamtable to 155 °F for 15 seconds. In casserole-type mixed dishes, cook or bake until the internal temperature reaches 165 °F for 15 seconds.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>